

Appendix 1 Univariate effect sizes

Effect sizes of behavior change techniques and modes of delivery (n=85 studies).

Behavior Change Technique		Factor included			Factor not included		Included in analyses?	
	k	ES	95% CI	ES	95% CI	Q-value	p	
25. Prompt practice	2	0.66	0.39-0.93	0.15	0.08-0.22	12.81	0.00	In analysis 1&3 ^{a, c}
35. Stress management	5	0.50	0.27-0.72	0.14	0.08-0.21	8.35	0.00	In analysis 1&3 ^a
39. General communication skills training	3	0.49	0.25-0.73	0.15	0.08-0.21	7.48	0.01	In analysis 1&3 ^a
23. Environmental restructuring	2	0.45	0.03-0.12	0.16	0.09-0.22	2.97	0.09	In analysis 1&3 ^{a, c}
21. Model/demonstrate the behavior	5	0.35	-0.01-0.70	0.15	0.08-0.22	1.19	0.28	In analysis 1&3 ^a
6. Goal setting (outcome)	2	0.33	-0.22-0.89	0.16	0.09-0.22	0.39	0.53	In analysis 1&3 ^{a, c}
34. Relapse prevention/ coping	14	0.32	0.17-0.47	0.13	0.06-0.20	4.68	0.03	In analysis 1&3

planning

27. Facilitate social comparison	4	0.29	0.04-0.55	0.16	0.09-0.22	1.04	0.31	In analysis 1&3 ^a
5. Goal setting (behavior)	25	0.27	0.16-0.38	0.11	0.04-0.19	5.19	0.02	In analysis 1&3
7. Action planning	18	0.25	0.13-0.37	0.13	0.05-0.21	2.92	0.09	In analysis 1&3
19. Provide feedback on performance	19	0.22	0.09-0.34	0.14	0.07-0.22	0.95	0.33	In analysis 1&3
8. Barrier identification /problem solving	26	0.20	0.10-0.30	0.14	0.06-0.22	0.90	0.34	In analysis 1&3
20. Provide instruction	25	0.20	0.13-0.28	0.14	0.05-0.23	1.08	0.30	In analysis 1&3
22. Teach to use prompts/cue s	3	0.20	-0.17-0.57	0.16	0.09-0.23	0.05	0.83	In analysis 1&3 ^a
4. Provide normative information about others' behavior	16	0.18	0.07-0.28	0.15	0.07-0.23	0.18	0.67	In analysis 1&3

28. Plan social support/social change	15	0.18	0.10-0.27	0.15	0.08-0.23	0.28	0.60	In analysis 1&3
13. Provide rewards for behavior	7	0.18	0.09-0.28	0.15	0.09-0.22	0.26	0.61	In analysis 1&3
10. Prompt review of behavioral goals	2	0.17	0.01-0.22	0.16	0.09-0.23	0.02	0.88	In analysis 1&3 ^{a, c}
14. Shaping (contingent rewards)	2	0.17	0.01-0.34	0.16	0.09-0.23	0.02	0.88	In analysis 1&3 ^{a, c}
16. Prompt self-monitoring of behavior	28	0.16	0.07-0.24	0.16	0.07-0.24	0.00	0.99	No, in none ^b
1. Provide information on the consequences in general	29	0.14	0.06-0.21	0.17	0.07-0.26	0.23	0.63	No, in none ^b
2. Provide information on the consequences for individual	12	0.14	0.04-0.24	0.17	0.09-0.24	0.21	0.65	No, in none ^b

26. Use of follow up prompts	5	0.13	-0.10-0.35	0.16	0.09-0.23	0.09	0.77	No, in none ^b
17. Prompt self-monitoring of behavioral outcome	13	0.12	-0.03-0.26	0.17	0.10-0.24	0.34	0.56	No, in none ^b
12. Reinforcing effort toward behavior	3	0.11	0.02-0.19	0.17	0.10-0.24	1.08	0.30	No, in none ^b
36. Emotional control training	11	0.09	-0.03-0.22	0.17	0.10-0.25	1.11	0.29	No, in none ^b
3. Provide information about others' approval	5	0.06	-0.11-0.23	0.17	0.10-0.24	1.46	0.23	No, in none ^b
24. Agree behavioral contract	1							No, in none ^c
31. Fear Arousal	1							No, in none ^c
32. Prompt self-talk	1							No, in none ^c
37. Motivational	1							No, in none ^c

interviewing

9.	Set graded tasks	0	No, in none ^c
11.	Prompt review of outcome goals	0	No, in none ^c
15.	Prompting generalizatio n of behavior	0	No, in none ^c
18.	Prompting focus on past success	0	No, in none ^c
29.	Prompt identification as role model	0	No, in none ^c
30.	Prompt anticipated regret	0	No, in none ^c
33.	Prompt use of imagery	0	No, in none ^c
38.	Time managemen	0	No, in none ^c

t								No, in none ^c
40. Provide non-specific social support	0							
9. Text message (i in Webb et al, 2010)	4	0.81	0.14-1.49	0.14	0.07-0.20	3.82	0.05	Analyses 2&3
12. Telephone (h)	7	0.35	0.09-0.61	0.15	0.08-0.22	2.11	0.15	Analyses 2&3
7. Access to advisor to request advice (d)	23	0.29	0.16-0.42	0.12	0.04-0.19	5.04	0.03	Analyses 2&3
6. Scheduled contact with advisor (e)	13	0.22	0.09-0.36	0.15	0.07-0.21	0.99	0.32	Analyses 2&3
8. Peer to peer access (f)	20	0.20	0.09-0.31	0.15	0.07-0.23	0.52	0.47	Analyses 2&3
4. Automated tailored	18	0.18	0.07-0.28	0.16	0.08-0.24	0.07	0.79	Analyses 2&3

feedback (b)

13. Email (g)	19	0.18	0.07-0.29	0.15	0.07-0.23	0.16	0.69	Analyses 2&3
5. Enriched information environment (a)	30	0.15	0.07-0.23	0.16	0.07-0.25	0.03	0.86	No, in none ^b
2. Automated follow-up messages (c)	14	0.09	-0.01-0.19	0.17	0.10-0.25	1.55	0.21	No, in none ^b
11. CD-rom (j)	1							No, in none ^c
14. Video conferencing (k)	1							No, in none ^c

^a Not in final model because Behavior Change Technique /Mode of Delivery is applied by less than 6 studies

^b g for using this Behavior Change Technique /Mode of Delivery is similar or smaller than not using that Behavior Change Technique /Mode of Delivery

^c Not tested in original meta-analyses (Webb, 2010).